

Rapid Access Counselling

Change. One conversation at a time.

With Rapid Access Counselling, you can have a supportive, change-focused conversation from anywhere in Alberta. Reach out as an individual, couple, or family. Appointments are available Monday to Friday by secure video or phone.

For details and booking, visit www.CommunityConnectYYC.ca and click Rapid Access Counselling, or call [1.877.244.2360](tel:1.877.244.2360).

FAQs

Is Rapid Access Counselling for me?

The service is for everyone and offers a supportive and change-focused conversation that could help you resolve a current stressor or move through an ongoing struggle. If that sounds helpful, you can book an appointment as an individual, couple, or family.

What is Single Session Counselling?

Rapid Access Counselling recognizes that one session is often enough. Single Sessions are designed to make a difference with the most pressing thing for you right now and are booked one at a time. You choose when and if to book again. 85% of our clients report their level of hopelessness, anxiety and distress are reduced after just one appointment.

What can counselling help me with?

We can support you with various concerns, including parenting, relationships, mental health, grief, stress, and more. If you're not sure if Rapid Access Counselling is for you, contact our Family Engagement and Resource Team. They can talk you through the next steps before or after a counselling session. Reach them at 403.233.2360 in Calgary or toll-free at 1.877.244.2360 from anywhere in Alberta. You can also reach them by email at intake@cfs-ab.org.

What is a change-focused conversation?

During your 75-minute appointment, we'll work with you to assess what conversation we need to have. The change-focused part means we'll help you identify solutions, build on your existing strengths, and guide you to deal with what's troubling you. You'll leave the session with strategies you can continue using on your own.

How long will I have to wait?

We're ready when you are. Our online booking service (www.CommunityConnectYYC.ca) lets you see all the available appointments. With multiple daytime and evening spaces from Monday to Friday, you can usually book one within a week.

What does Rapid Access Counselling cost?

For Rapid Access Counselling, we invite you to pay what you can afford. You choose a session fee that is comfortable and manageable for you. We trust you know your circumstances best, and we won't let cost be a barrier to support. Typically, clients with insurance pay the full fee (\$185) until their benefits run out. Then they pay what they can afford.



Rapid Access Counselling is an Alberta-wide program delivered by Catholic Family Service of Calgary.
Phone: 1.877.244.2360 or 403.233.2360 in Calgary Email: info@cfs-ab.org Web: www.cfs-ab.org